

6 HEALTH AND HYGIENE

I. Multiple choice questions: Tick (✓) the correct choice.

1. Sugars and starches are
(a) energy-giving foods (b) body-building foods
(c) protective foods (d) All of the above

Ans. (a)

2. Energy-giving foods are
(a) carbohydrates and fats (b) carbohydrates and vitamins
(c) only carbohydrates (d) carbohydrates and minerals

Ans. (a)

3. Proteins are
(a) energy-giving foods (b) growth-promoting foods
(c) protective foods (d) All of the above

Ans. (b)

4. Which of the following is an eye problem?
(a) Plaque (b) Trachoma (c) Anaemia (d) Kwashiorkor

Ans. (b)

5. Cholera and typhoid are
(a) water-borne diseases (b) air-borne diseases
(c) genetic diseases (d) deficiency diseases

Ans. (a)

6. Diseases which cannot be transmitted from one person to another are called
(a) deficiency diseases (b) non-communicable diseases
(c) communicable diseases (d) none of the above

Ans. (b)

7. The nutrient needed for growth and repair of the cell is
(a) protein (b) carbohydrate (c) fat (d) vitamin

Ans. (a)

8. Sugar and starch are
(a) fats (b) carbohydrates (c) proteins (d) minerals

Ans. (b)

9. Calcium and phosphorus are required for
(a) healthy teeth and bones (b) long and black hair
(c) haemoglobin in blood (d) healthy heart

Ans. (a)

10. Carbohydrates and fats provide us with
(a) vitamins (b) energy (c) minerals (d) water

Ans. (b)

11. The major source of vitamins and minerals is
(a) meat (b) milk (c) butter (d) fruit and vegetables

Ans. (d)

12. A thin, sticky film which is formed on the tooth leading to tooth decay is called a
(a) cavity (b) plaque (c) floss (d) crown

Ans. (b)

13. The full form of CNG is
(a) carbon-nitrogen gas (b) compressed nitrogen gas
(c) compressed natural gas (d) compressed natural gasoline

Ans. (c)

14. Deficiency diseases are caused due to
(a) viruses (b) bacteria (c) protozoa (d) lack of nutrients

Ans. (d)

15. Which of these is a water borne disease?
(a) conjunctivitis (b) polio (c) typhoid (d) bronchitis

Ans. (c)

16. Small skin swelling filled with watery substance is called a
(a) cut (b) bruise (c) wound (d) blister

Ans. (d)

17. How can you remain healthy?
(a) By eating a balanced diet
(b) By taking care of personal hygiene
(c) By maintaining environmental cleanliness
(d) All of the above

Ans. (d)

II. Fill in the blanks.

1. The body-building function of food is related to the presence of
 2. Energy-giving foods are rich in carbohydrates and/or
 3. Nutrient balance can only be achieved by supplying all nutrients in the correct and proportions.
 4. To stay healthy, we should eat a
 5. Foods can be classified as, and
 6. Conjunctivitis is a disease that affects
 7. gives us energy to play and work.
 8. Different food items provide the body with for proper growth and overall health.
 9. Teeth are held in the jaw by
 10. The hard coating on the teeth is called
 11. is a viral disease in which eye is infected.
 12. A disease which spreads from one person to another is called a disease.
 13. Eating more food than required by the body leads to
 14. Malaria is spread by an infected female mosquito.
 15. Injury to the tissues under the skin breaking small blood vessels resulting in blue-black marks is called a
 16. Living and working in very noisy places can make you
 17. adds bulks to food and prevents constipation.
 18. are the substances which a body needs to live and grow.
 19. Regular of hair and scalp improves blood circulation.
 20. Diseases caused by micro-organisms are called
- Ans.** 1. Protein 2. Fats 3. Quantity 4. Balanced diet 5. Energy-giving, Body-building, Protective food 6. Eye 7. Carbohydrate 8. Protein 9. Root 10. Enamel 11. Conjunctivitis 12. Communicable 13. Obesity 14. Anopheles 15. Bruise 16. Deaf 17. Roughage 18. Proteins 19. Massage 20. Infectious diseases.

III. Find the odd one out.

1. Potato, coconut oil, honey, bread
2. Cheese, egg, milk, groundnut
3. Iodised salt, fish, seafood, cheese
4. Over-eating, obesity, anaemia, high blood pressure
5. Typhoid, tetanus, cholera, polio.
6. Regular exercise, adequate sleep, balanced diet, unhygienic environment.
7. Composting, chlorination, dumping, recycling water.
8. Brushing, combing, dandruff, oil massage.
9. Carbohydrate, protein, water, bacteria.

Ans. 1. Honey 2. Groundnut 3. Cheese 4. Anaemia 5. Polio
6. Unhygienic environment 7. Chlorination 8. Dandruff
9. Bacteria.

IV. Match the disease in column A with their causes in column B.

<i>Column A</i>	<i>Column B</i>
1. conjunctivitis	(a) bacteria
2. malaria	(b) excess of food
3. cholera	(c) iron deficiency
4. anaemia	(d) virus
5. obesity	(e) protozoan

Ans. conjunctivitis virus
malaria protozoan
cholera bacteria
anaemia iron deficiency
obesity excess of food

V. Classify the following habits as good or bad:

1. Cleaning teeth after every meal
2. Putting finger inside the nose
3. Wearing clean clothes
4. Not consuming chocolates

5. Using hair dyes

Ans. 1. Good 2. Bad 3. Good 4. Good 5. Bad

VI. State whether the following statements are True or False:

1. Fats helps the body in growth and repair of tissues.
2. Balanced diet is independent of age and gender of a person.
3. Avoid reading while lying as it strains the neck.
4. To stay mentally alert, we should sleep as less as possible.
5. Washing your hands can prevent the spread of deficiency diseases.

Ans. 1. False 2. False 3. False 4. False 5. False.

VII. Give reasons for the following:

1. A labour need to eat more carbohydrates than a clerk.

Ans. A labour needs to eat more carbohydrate than a person doing desk work. Because, a labour have to do more physical work than a person doing desk job. So, a labour need more energy-rich food (carbohydrate) than a person doing desk work.

2. You should sleep at least for eight hours everyday.

Ans. Sleep has a very important role our health. If we are paying less hours for sleep than it is the stage of physical and mental illness. The hours of sleep needed varies with age group. A young person needs only eight hours of sleep for good health.

3. It is very important to brush your teeth twice daily.

Ans. We should brush our teeth twice a day. Because microbes present in mouth form a sticky film – plaque – with saliva and food particles. This sticky film mix with sugar and form acid. This acid is the cause of decay of teeth. As time pass, this infection leads to loss of teeth.

4. Chocolates must not be eaten before going to bed after brushing your teeth.

Ans. We should avoid chocolates before going to bed after brushing our teeth. Because chocolates are made of sugars. These sugars are being changed into acids by the microbes present in the

mouth. These acids are the cause of eroding teeth enamel and finally teeth loss occur.

5. Salads must be eaten daily.

Ans. Salads must be eaten daily because salads are the raw fruit and vegetables. These raw fruit and vegetables add roughage. These roughage plays an effective role in regulating the process of digestion. It prevents constipation.

After cooking some fruits and vegetables, we loss some vitamins. But salad provides these vitamins.

6. An eight year old boy needs to eat more proteins than a sixty year man.

Ans. An eight-year-old boy needs to eat more proteins than a sixty-year-old man. Because it is growing age and proteins required for building tissues and energy for all the physical activities.

7. Junk food is not good for health.

Ans. Junk food itself speaks of endangerment to health. Junk food are very rich in fat and sugar components. The effect of junk food on health administers when there is excess of intake. Excess of junk food cause obesity, high blood pressure, diabetes etc.

8. Your mother insists that you must exercise for thirty minutes every day.

Ans. We must do exercise for thirty minutes because regular exercise is must to keep the body fit. Regular exercise maintain our body efficiency, maintain our muscles tone and improve blood circulation. In regular exercise, we can swim, run and play.

VIII. Why do we need to undertake the following?

1. Keeping the cooked food covered.

Ans. We should cover our cooked food to prevent dust particles and insects. It is because insects and dust particles have a number of disease-causing organisms which can spread a number of diseases like cholera.

2. Developing the habit of cleanliness.

Ans. We should develop the habit of cleanliness because it keeps the

bacteria and other disease-causing organisms away from our body. By this habit, we can maintain a healthy life.

3. Not walking barefooted.

Ans. We must be avoided to walk barefooted because injuries in feet may be infected by bacteria, hookworms and insects. These disease-causing organisms can cause serious problems. So we must never walk barefooted.

4. Washing and combing hair regularly.

Ans. Washing and combing hair regularly keeps our hair free from parasites and dandruff. It also gives a good hair growth and nourishment.

5. Washing hands before and after every meal.

Ans. We always wash our hands properly before and after eating because our hands have a number of disease-causing organisms and dust particles. These disease-causing organisms can cause serious illness. So, we must wash our hands properly before and after every meal.

6. Using sufficient light for reading and writing.

Ans. We should use sufficient light for reading because in dim light there is more strain on the eyes.

IX. Differentiate between the following:

1. Good habits and Good health.

Ans.	Good habits	Good health
	(1) The habits by which we can take proper nutrition accompanied by correct food habits are called good habits. Such as we should take washed vegetables, fresh fruits, etc. We should avoid alcohol, tobacco and addictive items.	(1) Good health means a state of complete physical, mental and social well-being. If all the systems of our body function properly, then we remain healthy.

2. Personal hygiene and Public hygiene.

Ans.	Personal hygiene	Public hygiene
	(1) It includes cleanliness of teeth, hand, skin etc.	(1) It includes factors related with public hygiene such as clean water, clean environment etc.
	(2) Personal hygiene includes one man.	(2) Public hygiene includes community and society.

3. Energy-giving foods and Body-building foods.

Ans.	Energy-giving foods	Body-building foods
	(1) They include carbohydrates and fats	(1) They include proteins.
	(2) They give energy on intake for different works.	(2) They are growth-promoting foods and required for proper growth of body.
	(3) Potatoes bread, rice, oil, butter ghee are the energy giving foods.	(3) Pulses, bean, meat nuts are the body-building foods.

4. Dumping and Composting.

Ans.	Dumping	Composting
	(1) Dumping means to get rid of waste material especially in a place which is not suitable.	(1) Composting means that they can be decomposed by micro-organisms.
	(2) In dumping garbage is normally dumped in pits and covered by soil or sand.	(2) In composting, waste materials like vegetables, animal waste, dry leaves are kept in pits where they decay and decompose into manure.

5. Infectious diseases and Non-infectious diseases.

Ans.	Infectious diseases	Non-infectious diseases
	(1) These diseases are caused by some pathogens (microorganisms)	(1) There is no involvement of any kind of pathogens.
	(2) These diseases can spread from one person to another.	(2) These diseases cannot spread from one person to another.
	(3) Disease-causing organisms show symptoms and series problems in the body.	(3) These diseases are disorders in the normal functioning of the body.
	(4) Rabies, AIDS, small pox, malaria are some infectious diseases.	(4) Heart diseases, kidney diseases, diabetes, cancer are some non infectious diseases.

X. Answer the following questions:

1. Define health.

Ans. According to the World Health Organisation (WHO), health may be defined as “a state of complete physical, mental and social well-being.”

So, health is not only the absence of diseases but a person should feel happiness and leads a happy life.

2. List three functions of food.

Ans. Three functions of foods:

- (i) Food gives us energy which is required to perform various functions to sustain life.
- (ii) We require proper food for proper growth.
- (iii) Proper and nutritious food is also required for protection from diseases and infection.

3. Name the various nutrients in food.

Ans. There are six types of nutrients in our food. These nutrients

- (i) Carbohydrates
- (ii) Fats

- (iii) Proteins
- (iv) Vitamins
- (v) Minerals
- (vi) Water.

4. Name the three groups of foods.

Ans. There are three groups of foods:

- (i) Energy-giving foods (like carbohydrates and fats)
- (ii) Body-building or growth-promoting foods (like proteins)
- (iii) Protective foods (vitamins and minerals)

5. What are the two major factors responsible for the development of diseases.

Ans. There may be two major factors which are responsible for the development of diseases. These factors are:

- (i) Not taking proper nutrition and balanced diet.
- (ii) Not taking personal and domestic hygiene.

6. What is meant by a balanced diet?

Ans. Balanced diet means a diet which has all the nutrients in proper amount. In this diet, energy-giving, body-building and protective foods are present in sufficient quantities.

7. Mention five characteristics of good health.

Ans. Good health means not only free from diseases but also free from other factors like tension, unnecessary anxiety etc.

Five characteristics of good health:

- (i) The person should not be suffering from any type of diseases.
- (ii) The person should not be handicapped physically.
- (iii) The person should be free from psychological tensions.
- (iv) The person should be able to work efficiently.
- (v) The person should be free from any mental problems.

8. What can be done to maintain good health?

Ans. To maintain good health, we must follow some instructions. These instructions are as follows:

- (i) We must take proper nutrition and balanced diet.
- (ii) There must be proper food habits.
- (iii) There must be personal and domestic hygiene.
- (iv) We must keep away from addictive items like tobacco, alcohol etc.

(v) We should avoid exposure to radiations.

9. What are communicable diseases? Give five examples.

Ans. Communicable diseases or infectious diseases are those diseases which can spread from one person to another by means of air, water, food, physical contact with diseased person and insects. For example: AIDS, rabies, smallpox, tuberculosis, malaria, are some communicable diseases.

10. How do communicable diseases spread? List four agents.

Ans. Communicable diseases spread by some agents like water, air, insects and also by physical contact with an infected person. Malaria, dengue are spread by mosquito. Cholera, typhoid are spread by housefly. Plague is spread by rat flea. Kala-azar is spread by sand fly.

11. What is the aim of chlorinating water?

Ans. The aim of chlorination of water is to kill disease-causing micro-organisms. By this way, we can prevent some communicable diseases like diarrhoea.

12. How does pollution affect our health?

Ans. To complete the demand of increased population and to make our life convenient we are using natural resources. By this way, we are lowering the quality of our environment and creating a lot of health hazards for the humans. This increased pollution in the environment invites a number of diseases. For example, it affects people with impaired respiratory systems (such as asthmatics), reduces lung function and induces respiratory inflammation.

13. What are deficiency diseases?

Ans. Deficiency diseases are the disorders caused by lack of specific essential substances such as vitamins and minerals. For example, scurvy, pellagra, rickets are some deficiency diseases. Vitamins are indispensable nutritional elements in human diet and absence of any one can cause a specific disease.

14. What is obesity? How is it harmful for the body?

Ans. Obesity is the condition in which excess fat has accumulated in the body. It is usually caused by consuming more food than is needed for energy. A person required calories is depend upon their the physical activities. A labour man is required more calories than a person doing desk job.

Obesity is harmful because it increases the risk of diabetes, hypertension, and stroke.

15. What is plaque? How is it formed?

Ans. Plaque is yellow, rough, sticky coating on the teeth which consists of saliva, bacteria and food debris. When microbes, present in plaque, mix with sugar they form strong acids. The acids eat away the tooth enamel. Over a period of time these acids destroy the enamel and form the cavity in the teeth.

16. What is the role of tear glands in protection of eyes?

Ans. Tear glands secrete watery, salty secretion that keep the eyes moist to maintain transparency of the cornea and wash away dust particles. Tear production increases in response to eye irritation.

17. What is air pollution? How does it affect our health?

Ans. Introduction of unwanted, usually harmful material like gases from automobiles, factories etc, in air is called air pollution.

Air pollution leads to various health problems. These are as follows:

(i) Respiratory diseases: asthma, bronchitis.

(ii) Irritation of eyes, nose and throat.

(iii) Headache (iv) Dizziness

18. What are the causes of water pollution?

Ans. Causes of water pollution:

(i) Untreated sewage water that contain microbes and disease-causing invertebrates.

(ii) The industrial wastes from factories that contain toxic compounds.

(iii) The excess of fertilisers, pesticides and insecticides that are used for good production of crops are drained into rivers.

(iv) Oil spill caused by oil tankers as a thin film on the surface.

19. What is the role of exercise in keeping your body healthy?

Ans. Regular and moderate exercise keeps our body fit. It improves blood circulation and maintain the efficiency of body parts. Swimming, playing, running etc. are good exercises for young persons, for elder persons, walking is best.

20. What is first-aid?

Ans. First aid is the immediate treatment of any injury or sudden illness before professional medical care can be provided. It helps the patient from becoming worse.

21. What is the difference between a bruise and a blister?

Why is community hygiene important?

Ans. Bruise. Bruises are the injuries to tissues under the skin. In this condition, blood vessels are broken and blood ooze that turns black after some time.

Blister. It is the collection of fluid beneath the outer layer of the skin that forms a raised area. Common causes are burns and friction. It protects skin layers from minor injuries.

22. What are the effects of loud and harsh noise?

Ans. Noise pollution is displeasing human- or machine-created sound that disturbs the activity of human life. A common form of noise pollution is from motor vehicles. It has bad effects for our health such as

(i) It causes headache, irritation and partial or complete loss of hearing.

(ii) It reduces concentration on work.

(iii) It adds stress in our life that invite a number of heart diseases.
